

### **ABSTRACT OF THE DISCLOSURE**

Disclosed herein is my invention of a Lifting and Moving Systems, typically used to lift and move large objects that can be of a various size, shape, geometry, material strength, weight, configuration and distribution of weight. My invention secures to the lifted article and is designed so the user is easily able to apply a lifting as well as a stabilizing force to the lifted article. The preferred embodiment of my invention consists of a series of connected handle assemblies and straps. The invention is easily put in use, adding little to the weight lifted, allows the user to apply a lifting and stabilizing force through proper lifting techniques without undue physical stress or strain. Following use, the invention is easily detached from the moved article and stored in a minimum of space.